

Early Help & Mental Health Support

Early Help and Support for Families

Early Help is all about supporting families. It may be one child, one adult or the whole family who is affected by something you need support with. It may be that you are worried about your child's health, development or behaviour. It may be that you are worried about money or housing which is having an effect on the family.

There are choices depending on your family's needs:

- **Family Hubs | West Northamptonshire Council**

Family Hubs offer a safe, welcoming space for all families with children aged **0 to 19** years (or 25 years for a young person with a special educational need or disability).

Family Hubs bring services together, making it easier for families to get the help they need - giving babies the **best start for life** and continuing that support through adolescence.

Register with Family Hubs.



Strong Start are part of Family Hubs.

They provide information, advice and early learning activities for parents with children from **0 to 5** years old.

To join a Strong Start session, we ask that families **register with Family Hubs.**

- **Early Help Meetings** with schools and other professionals offer support that is personal to your family's situation. For more information about Early Help and Support please visit **<https://nctrust.co.uk/support-for-children-and-families/>**

Contact **Mrs Lewis** or **Mrs Wilson** via the school office for support.